

## Are you concerned about accessing health care without discrimination?

- **Washington Law Against Discrimination - [Chapter 49.60 RCW; WAC 162-32-040](#)**
  - Prohibits discrimination and harassment based on sexual orientation and “gender expression or identity” in health insurance coverage and in places of public accommodation, which includes hospitals and other healthcare facilities. Harassment includes asking unwelcome personal questions about gender identity and deliberately misusing an individual’s preferred name or pronoun.
- **Your rights at the hospital and other medical facilities.**
  - **Discrimination is illegal:** A hospital or medical care provider cannot turn you away because of your sexual orientation or gender identity, and must treat you, your name and pronouns, and your relationships with respect. If you feel that you have been discriminated against for these reasons, you have several options:
    - Ask to speak to the Charge Nurse, Unit Manager, Physician, or Patient Relations
    - File a complaint with the hospital/clinic’s internal Patient Relations
    - File a complaint with the [Washington State Human Rights Commission](#)
    - [File a complaint with the Washington Medical Quality Assurance Commission and/or](#)
    - Contact the QLaw Foundation (206-235-7235), Lambda Legal (866-642-4542), or the Lavender Rights Project (206-639-7955).
  - **Medical Records Requests:** You have the right to access your medical records and to restrict how and to whom healthcare providers may disclose your medical information. Your biological family does not have the right to access your medical records without your permission if you are 13 or older.
  - **Designating emergency contacts:** You can choose a spouse, partner, family member, or friend to be your emergency contact. Healthcare providers will share information about your medical care to this person, but this person will not have authority to make health decisions for you. This requires appointing someone as your durable power of attorney.

## LGBTQ+-Competent Healthcare Providers and Resources:

### Directories for Finding LGBTQ-Competent Providers:

- [GLMA directory](#)
- [Human Rights Campaign list of Washington hospitals and medical centers](#)
- [Ingersoll Gender Center Health Care Provider List](#)
- [The NW Network list of Health and Wellness Resources for Seattle’s LGBTQ+ Communities](#)
- [Spectrum Center Spokane LGBTQIA2S+ Health Practitioner Database](#)

**Primary Care:**

- [Polyclinic Family Medical](#)
  - Call 206-329-1777 (Mon-Fri, 8 am - 4:30 pm)
  - Or fill out a new patient form [here](#)
- [Virginia Mason](#)
  - Find a location convenient for you [here](#)
- [NeighborCare](#)
  - A variety of services are offered, check them out [here](#)

**STI/HIV Testing:**

- [Gay City](#)
  - Schedule an appointment [here](#)
- [Cedar River Clinics](#)
  - Locations in Renton, Seattle, and Tacoma
  - Call 1-800-572-4223 to schedule an appointment
- [Planned Parenthood](#)
  - Find a clinic near you [here](#)
- [Entre Hermanos](#)
  - HIV Prevention and Testing and HIV Case Management
  - Focused on Latino/a/e community

**Gender-affirming Care:**

- Cedar River Clinics
- Planned Parenthood
- Virginia Mason
- NeighborCare

**Benefits Support:**

- [Benefits Law Center](#)
  - Legal assistance for federal Social Security benefits
- [Solid Ground](#)
  - Legal assistance for state Medicaid and other benefits

*This resource was developed with the generous support of Perkins Coie attorneys and Historic South Downtown. The information contained in this document is not legal advice. If you have questions about the rights outlined in this resource or have experienced health care discrimination and would like to consult with a lawyer about your situation, please make an appointment at QLaw Foundation's free LGBTQ+ Legal Clinic at [www.qlawfoundation.org](http://www qlawfoundation.org) or by calling 206-235-7235.*